HaBaWaBa SCHOOL



HaBaWaBa SCHOOL

YOUTH WATER POLO COACHING CURRICULUM

A Progressive Learning Pathway for Ages 7–12

35
SKILLS

175
PRACTICAL DRILLS

Curriculum developed by Yiannis Giannouris
Developed within the CR-KIDS Erasmus+ Sport project

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About the Curriculum

The HaBaWaBa School curriculum was developed by **Yiannis Giannouris** on behalf of **Water Polo Development** and provides a progressive learning pathway for young water polo athletes aged 7–12.





Developed within the Erasmus+ Sport Project: **CR KIDS / “HaBaWaBa School” (2025–2026)**

Access the Curriculum

CR Digital Platform

https://coachingreimagined.eu

Water Polo Curriculum

https://habawabaschool.com

YouTube Channel

@HaBaWaBaSchool-ProjectCRKIDS

Project Website

http://cr-kids.anemoss.eu

SCAN TO VISIT HaBaWaBa SCHOOL

Project Partners

- Water Polo Development
- Club Aquatico Pescara
- Anemos Nautical Cultural Club
- Technical University of Crete

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Purpose & Philosophy

HaBaWaBa SCHOOL offers a progressive, playful, and safe pathway to teach Water Polo fundamentals to children 7 to 12 years old.

It connects traditional swimming instruction (freestyle, backstroke, breaststroke) with the core technical and tactical elements of Water Polo.

The goal is to build confidence, teamwork, and Fair Play while developing efficient movement and joy for the game.

The approach is inspired by the HaBaWaBa spirit—Play, Learn, Respect—where every session combines skill development with social learning and positive behavior.

Kids learn best when they feel safe, challenged, and supported.

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The Four-Step Approach

Step 1 – Introduce the Skill

• At the start of each lesson, briefly introduce what the new skill is and why it matters.

• Use simple, clear language that matches the kids' age and attention span.

• Always give a name to the new movement or technique and repeat it consistently, so children associate the name with the action over time.

Goal: Capture interest, create curiosity, and make sure every child understands the objective.

Step 2 – Explain and Demonstrate the Skill

• Show the movement correctly several times.

• Start at normal speed, then repeat slowly to highlight key points.

• Use different angles so kids can see all parts of the movement.

• Break the movement into smaller parts ("whole-part-whole" method).

• After demonstrating, let children perform each part separately before putting everything together again.

Goal: Demonstrate with energy and clarity. Kids copy your posture, rhythm, and attitude more than your words.

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The Four-Step Approach

Step 3 – Practice with Drills

• Turn the explanation into action.

• Keep drills short, varied, and fun, ensuring that kids experience success early.

• Encourage them to repeat movements many times, with or without the ball, to develop coordination and muscle memory.

• Use stronger swimmers or more experienced players to demonstrate and support their teammates.

Goal: Repetition builds confidence — but variety keeps motivation alive.

Step 4 – Correct Errors and Reinforce Learning

• Observe children carefully to identify mistakes and their causes.

• Give clear, short feedback — one correction at a time.

• If several kids are making the same error, demonstrate the skill again for the whole group.

• Avoid over-correcting or interrupting too often; focus on positive reinforcement.

Goal: Help kids understand why they need to change something and how it improves their performance.

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Practical Recommendations

• Always adapt to individual differences: pay attention not only to talented children but also to those who need more time.

• Repeat key skills regularly — consistency is essential.

• Use Ball No. 3 for this age group; it can be replaced with a kickboard during leg work.

• Introduce drills progressively: from easy to difficult, from known to unknown, from simple to complex.

• Frequently used terms are in bold italics and defined in the glossary section.

Assessment & Progression

Track progress every 4–6 weeks using simple checklists:

Technique: body line, breathing rhythm, leg drive, vertical balance.

Game skills: lifting, wet/dry pass accuracy, decision under light pressure.

Behavior: cooperation, self-control, Fair Play. Advance only when execution is consistent and confident.

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Fair Play Culture

Embed a Fair Play moment in every session (greeting, handshake, respectful language).

Model calm conflict resolution and celebrate teamwork, not just goals.

Message to kids: “Play hard, play fair, help a teammate.”

Final Message

Teaching young kids water polo means teaching them to love the water, trust their teammates, and play with respect.

By following this method, instructors ensure that every session contributes not only to technical progress but also to personal and social development, in the true spirit of HaBaWaBa – PLAY, LEARN, RESPECT.

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Elementary Level

Kids 7-8-9 years old

Introduction

In Elementary Level we will introduce a series of skills primarily aimed at improving the children’s swimming ability, while gradually introducing the ball, which takes the place of the traditional kickboard used in swim school.

Starting from the development of freestyle and backstroke kicks, breathing control, and body glide, we will progressively add breaststroke legs, followed by head-up swimming, swimming with the ball, and backstroke with the ball, combining both strokes with breaststroke kicking.

Once the children become confident and comfortable in the water, we move to vertical body position, beginning with the bicycle (eggbeater) kick both horizontally and vertically, and then to the basic throwing position with the ball in hand.

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Foundation Level

Kids 7-8-9 years old

Introduction

At the ELEMENTARY LEVEL, children develop basic aquatic skills. Swimming ability improves through body position, breathing control, and movement, while the ball is gradually introduced. Activities progress from freestyle and backstroke to head-up swimming combined with breaststroke legs and swimming with the ball, building confidence. Children are then introduced to the vertical position, including the eggbeater kick and basic throwing position.

At the FOUNDATION LEVEL, these abilities evolve into water polo skills through play and simple games. Children learn repositioning, direction changes, ball control, passing while swimming, and basic shooting. Skills are developed within game-like situations rather than in isolation. By the end of this stage, children can play simple games without tactical complexity, guided by one key principle: “Move to get the ball.”

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Basic Playing Elements

Kids Aged 10, 11 & 12 yrs.

Introduction

Having completed the skills covered in the first two levels, the children have now consolidated the fundamentals of horizontal movement in the water as well as their vertical stability.

We can therefore begin to introduce playing elements such as of individual defensive and offensive techniques, always keeping in mind that between the ages of 10 and 12, players mainly focus on one-on-one situations.

At this stage, we will not yet deal with zone systems or complex team tactics.

Starting from defense, we will explore how players face their opponents on the perimeter, both with and without the ball, while gradually adding the basic attacking movements. We will also introduce initial concepts for playing and defending at the center forward's position, as well as elements of the goalkeeper position.

The training will include offensive techniques such as 1-on-0 and 2-on-1 situations, and basic passing skills from right to left and left to right.

By the end of this period, the players will be ready to move on to more advanced technical and tactical content, applying their individual skills within the framework of team play.

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Goalkeeper’s Basic Techniques

Kids 10-11-12 years old

Introduction

The Last Defender and First Attacker: The goalkeeper protects the goal, organizes the defense and starts the team's attack with accurate passes.

Essential qualities: Buoyancy, explosiveness, quick reactions, coordination and game awareness.

Specific swimming skills: Breaststroke and butterfly support goalkeeper development.

Eggbeater technique: Essential for maintaining a stable, high vertical position, moving quickly and jumping out of the water to intercept or catch the ball.

Visual Focus: The goalkeeper must always keep their eyes on the ball, not the attacker’s eyes, tracking its movement from the shooter’s hand until the save.

Training progression: Start with basic techniques and gradually introduce more demanding exercises involving coordination, perception and decision-making.

KEY MESSAGE: Build strong technical foundations before developing advanced goalkeeper skills.

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Goalkeeper’s Basic Techniques

Kids 10-11-12 years old

Choosing A Goalkeeper

Introduction at ages 10–12: Develop goalkeeping skills while allowing children to experience different playing positions.

Observe key abilities: Coordination, mobility, flexibility, reaction speed, concentration and teamwork.

Prioritize water skills: Breaststroke kick, eggbeater, vertical reach, lateral movement and anticipation.

Respect individual growth: Boys and girls mature at different rates. Height can be an advantage but does not determine future success.

Develop long-term potential: Avoid early specialization, monitor growth and give every child opportunity to improve, including late maturers.

KEY MESSAGE: Select potential, not just height.

References: Malina, Bouchard & Bar-Or (2004), Growth, Maturation, and Physical Activity; Bergeron et al. (2015), IOC Consensus Statement on Youth Athletic Development; Mirwald et al. (2002), An Assessment of Maturity from Anthropometric Measurements.

Main Training Goals

Balance and buoyancy: Maintain a stable vertical position with minimum unnecessary movement.

Leg–arm coordination: Develop an efficient eggbeater and controlled sculling.

Saving techniques: Practice high and low saves, using the appropriate hand and forearm.

Game awareness: Improve positioning, anticipation and communication with defenders.

Positioning according to distance: Adopt a higher, more vertical stance for close shots and a lower, more compact ready position for distant shots, adjusting to the shooting situation.

KEY MESSAGE: Develop control and technique before power and explosiveness.

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Kids 7-8-9 years old

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Skill 2 Breaststroke Kick (with/without the Ball)

Skill 3 Water Polo Freestyle (Head Up)

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Skill 7 Breaststroke Kick on Back with a Ball in Hand

Skill 8 Eggbeater Kick (Horizontal & Vertical)

Skill 9 Learning the Basic Vertical Position with the ball

Skill 10 Passing the Ball on Water while in Vertical Position (Wet Pass)

Foundation Level

Skill 11 Sculling / Moving with Hands

Skill 12 Starting Off without Wall Push

Skill 13 Changing Body Position (Vertical - Horizontal)

Skill 14 Changing Direction (with/without the Ball)

Skill 15 Gliding Forward while Holding the Ball Behind

Skill 16 Jumping Out from the Water (Vertically or Laterally)

Skill 17 Passing with the Wrist while Swimming with the Ball

Skill 18 Gliding Forward with Breaststroke Kicks with Ball in Front

Skill 19 Passing the Ball to a Teammate’s Hand (Dry Pass)

Skill 20 Shooting the Ball

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Curriculum index

Kids 10-11-12 years old

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Skill 22 Defending a Driving Opponent without ball

Skill 23 Backside Perimeter Defense vs Opponent with Ball

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Skill 25 Changing Direction and Jump (Two-on-One)

Skill 26 Lay-Out Move by an attacker with the ball (Start Move)

Skill 27 Driving Ball Side to Receive the Ball

Skill 28 Release Move to Receive the Ball

Skill 29 Receiving a Cross Pass (from the Left)

Skill 30 Basic Position and Movements of Center Forward

Goalkeeper’s Basic Techniques

Skill 31 Goalkeeper’s Basic Position

Skill 32 Basic Position with Arms Out of the Water

Skill 33 Lateral Movement and Angle Control

Skill 34 Jumping to Side (High or Low / Left or Right)

Skill 35 Defending the Lob Shot with Opposite Arm

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Skill 1

Kicking Freestyle (with/without the Ball)

Objective

Build a fast, hip-driven freestyle kick to maximize propulsion, keep a high body line, and establish a stable breathing rhythm for later ball dribbling.

Description

Kick from the hips with short, quick beats while keeping the head steady and hips high. Knees stay just under the surface; ankles relaxed and toes pointed. With the ball, arms extend forward to support posture; Without the ball, arms stay streamlined or perform small sculls only as needed. Maintain a steady breathing rhythm without lifting the chin excessively.

Things to Check & Correct

- Kick driven from hips, not knees; beats short and fast.
- Knees slightly bent; ankles loose; toes pointed.
- Head quiet; eyes forward 3–5 m; hips do not drop.
- Consistent inhale/exhale pattern; no breath-holding.



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Skill 1

Kicking Freestyle (with/without the Ball)

COACHING REIMAGINED

DRILLS

1



Ball Support Kick

Hold the ball with both hands at shoulder width, head up; 10– 15 s reps focusing on hip-driven, short-fast kicks.



2



Head-In / Head-Out Sets

Kick 2 m face in (exhale) → 2 m head up (inhale); repeat to ingrain rhythm and posture.



3



No-Support Progression

When the kick is strong, repeat without the ball (no support), arms extended forward (hands slightly out of the water); keep arms still or minimal sculling.



4



Whistle Breathing Drill

Kick with head in and exhale; at the whistle, lift head and continue head-up kicking; alternate on each whistle.



5



Arm-Switch Breathing

Left arm forward/right by side; kick while exhaling face in, rotate head to inhale; switch arms halfway (repeat on the other side).



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Skill 2

Breaststroke Kick (with/without the Ball)

Objective

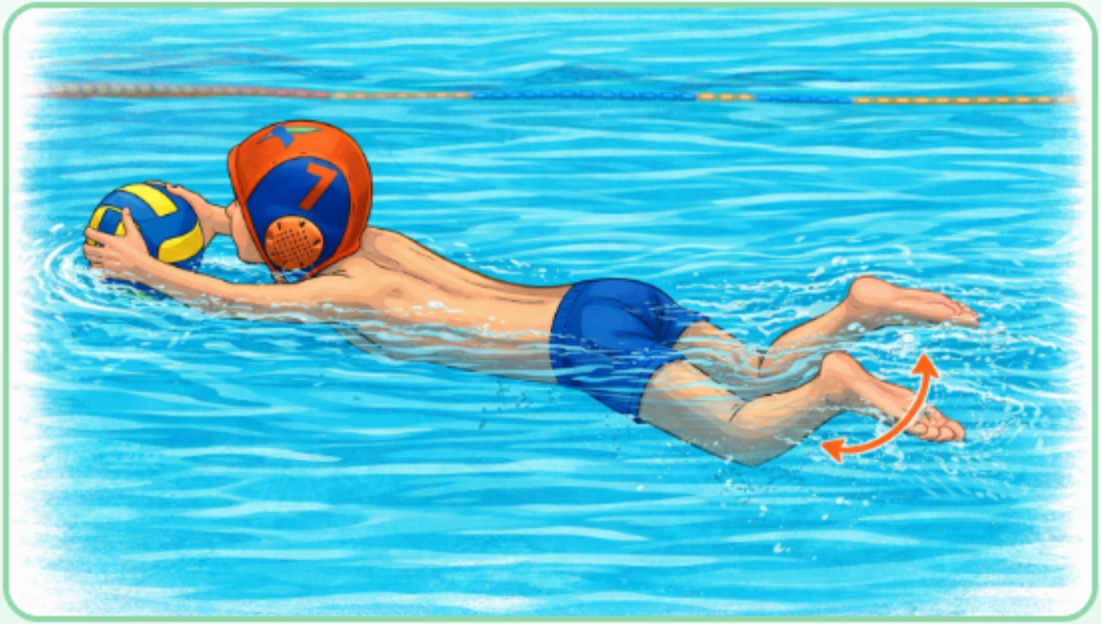
Build a strong, well-timed breaststroke kick to enhance propulsion, maintain a high body position, and support later development of a stable eggbeater.

Description

From a horizontal body line, the player bends knees gently to draw heels toward the hips, keeping knees close together. Feet rotate outward before a quick whip kick that ends with legs fully extended and toes pointed. The motion is smooth and rhythmic—pull knees slow, kick fast—driven by the hips and inner thighs. With the ball, arms extend forward to stabilize posture; without the ball, arms remain streamlined or perform small sculling motions for balance. The glide after each kick teaches rhythm, buoyancy, and efficient forward movement.

Things to Check & Correct

- Knees remain narrow—no “frog-kick” sprawl.
- Feet turned outward before each whip.
- Legs close together with full extension at finish.
- Smooth tempo: no pause between kicks; glide with control.
- Hips stay high—avoid sinking after each stroke.



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Skill 2

Breaststroke Kick (with/without the Ball)

COACHING REIMAGINED

DRILLS

1



Ball Support Kick

Head up, arms extended, hold ball forward while performing controlled breaststroke kicks.



2



No-Ball Kick

Same movement without ball; hands just under surface for balance; focus on symmetry.



3



Kick and Glide

One full kick followed by a 2-second glide; feel propulsion from hip drive.



4



Short-Stroke Contrast

Alternate long, powerful kicks with short, fast leg strokes; sense efficiency difference.



5



Start Kick

3 breaststroke kicks → 3 m fast freestyle kicks; repeat – develop transition ability.



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Skill 3

Water Polo Freestyle (Head Up)

Objective

Build endurance, awareness, and stability while swimming head-up freestyle, maintaining vision and body alignment.

Description

Swim freestyle with the head above the surface, eyes forward, and chin steady. Arm strokes are short and quick, elbows high, hands entering at shoulder width. Legs perform continuous fast flutter kicks to keep hips near the surface. Breathing is natural—slight rotation of the head follows the shoulders, without lifting or twisting. This skill teaches swimmers to move efficiently while tracking the ball, teammates, and opponents.

Things to Check & Correct

- Elbows remain high; arms recover close to the surface.
- Head steady—eyes focused 3–5 m ahead.
- Flutter kicks small, fast, and driven from hips.
- Maintain a straight body line; avoid dropping hips.



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Skill 3

Water Polo Freestyle (Head Up)

COACHING REIMAGINED

DRILLS

1



Head Up – Head Down

Swim 5 m head-down freestyle (breathing every 3), then 5 m head-up freestyle; compare rhythm and balance.



2



Bilateral Breathing Freestyle

Swim slowly with calm kicks and breathe every 3 strokes to stay balanced on both sides. Focus on high elbows, steady rhythm, and smooth, relaxed movements.



3



Head Up – Head Down on Whistle

Swim classic freestyle; on whistle, lift head and continue head-up; alternate every few meters.



4



Fast – Slow Speed Contrast

Swim 5 m head-up fast → 5 m head-down slow 3 strokes breathing; repeat for control and posture awareness.



5



Kickboard Drill

Place kickboard under chest to feel correct hip position and reduce body roll.



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Skill 4

Swimming with the Ball (Dribbling)

Objective

Learn to control and propel the ball forward while swimming, maintaining rhythm, vision, and body balance.

Description

Swim freestyle with the head up, using short, quick strokes and a strong kick to keep hips high. The ball rolls in a small wave at the forehead, staying close to the face. Hands act like rails, guiding the ball gently along its path—never slapping or striking it. The player maintains steady rhythm and direction while keeping eyes forward to scan the pool. This skill builds game-awareness and coordination between swimming and ball control.

Things to Check & Correct

- Ball stays close to the forehead (1–2 hand widths).
- Hands guide the ball laterally, not downward.
- Head stable; minimal side movement.
- Legs kick continuously; hips stay high.



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Skill 4

Swimming with the Ball (Dribbling)

DRILLS

1



Slow–Fast Swimming with the Ball

Swim 5 m dribbling slowly, then 5 m fast; feel how control changes with speed.



2



Face-In/Face-Out

Swim 3 m face in the water, then 5 strokes head-up while dribbling; repeat.



3



Controlled Speed Dribbling

Dribble with short, quick strokes and strong legs, keeping elbows high and ball steady.



4



Head Up – Head Down on Whistle

Dribble with only eyes above water; on whistle, lift head fully while maintaining control.



5



Swim and Roll

Swim with the ball for 5 meters, then perform a forward somersault. After the turn, continue swimming and repeat the exercise every 5 meters.



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Skill 5

Water Polo Freestyle + Breaststroke Kick

Objective

Combine the propulsion of freestyle with the control of breaststroke legs to adapt movement to changing game situations.

Description

Swim head-up freestyle, integrating a breaststroke kick every one or two arm strokes to enhance balance, reach, or directional control. The coordination between the freestyle pull and breaststroke kick allows the player to adjust rhythm, slow down, or accelerate while keeping the body high and stable. The key is to time the kick precisely as the hands extend forward, creating a powerful glide and maintaining full awareness of the ball and surroundings.

Things to Check & Correct

- Breaststroke kick synchronized with arm extension.
- Maintain high elbows during each pull.
- Smooth rhythm; no pauses between kicks and strokes.
- Strong leg drive to support forward glide and stability.



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Skill 5

Water Polo Freestyle + Breaststroke Kick

COACHING REIMAGINED

DRILLS

1



One-to-One Coordination

Head-up freestyle with a breaststroke kick every arm stroke.



2



Two-Stroke Coordination

Perform breaststroke kick every two freestyle strokes; maintain consistent tempo.



3



Defense Drill

Left arm extended, right arm swims freestyle with breaststroke kick; switch halfway.



4



Ball Switch Stroke Coordination Drill

Hold the ball on the palm of the extended arm; perform 2 freestyle strokes + 1 synchronized breaststroke kick. Then throw the ball slightly high, switch the ball to the other arm, and repeat the sequence.



5



Ball-Spinning Coordination Drill

Head-up freestyle while performing a breaststroke kick on every two arm strokes. Keep both hands in contact with the ball, spinning it counter-clockwise continuously without losing control.



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Skill 6

Water Polo Backstroke + Breaststroke Kick

Objective

Move backward efficiently while keeping vision on the play and maintaining strong body position.

Description

Perform a seated or slightly inclined backstroke with shoulders above the surface. Arm strokes are short, fast, and wide, while the breaststroke kick provides propulsion and stability. Legs drive the body forward as arms recover just under the surface. Maintain a steady rhythm between arm strokes and kicks to stay balanced and high in the water. This movement helps players retreat while staying aware of the ball and teammates.

Things to Check & Correct

- Elbows slightly bent; forearms vertical during pull.
- Fingers relaxed, pointing toward the direction of travel.
- Breaststroke kicks are synchronized with arm recovery.
- Shoulders remain high; hips and knees near the surface.



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Skill 6

Water Polo Backstroke + Breaststroke Kick

COACHING REIMAGINED

DRILLS

1



One Kick per Stroke

Backstroke with one breaststroke kick for each arm stroke; focus on coordination.



2



Alternate Kick Timing

One kick every two arm strokes; maintain rhythm on both sides.



3



Height Challenge

Backstroke with breaststroke kick, lifting shoulders and arms as high as possible on each cycle.



4



Transition Drill

Alternate 3 m head-up freestyle + breaststroke kick, then 3 m backstroke + breaststroke kick; switch on whistle.



5



Double Arm Variation

Perform backstroke using both arms simultaneously with one breaststroke kick; maintain vertical posture.



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Skill 7

Breaststroke Kick on Back with a Ball in Hand

Objective

Move backward while maintaining balance, ball control, and readiness to pass from a back-floating position.

Description

The player lies on the back with the throwing arm extended, holding the ball on the palm with fingers spread and wrist stable. The supporting arm performs light sculling near the surface for balance. Legs execute a wide, rhythmic breaststroke kick, propelling the body backward while keeping the face above water. The drill develops control, coordination, and the ability to transition smoothly to the vertical throwing position.

Things to Check & Correct

- Head steady, eyes up; chin neutral—not tucked or lifted.
- Knees wide, feet turned out before each whip kick.
- Ball stable on palm—avoid gripping or squeezing.
- Smooth rhythm between kicks and sculling.



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Skill 7

Breaststroke Kick on Back with a Ball in Hand

COACHING REIMAGINED

DRILLS

1



Two-Hand Hold

On back, hold ball with both hands extended backward; perform steady breaststroke kicks.



2



One-Hand Hold

Same, with ball on throwing hand and other arm by side; maintain straight line.



3



Scull Support

Ball on palm of throwing hand; scull gently with support arm to control balance.



4



Transition Drill

Start lying on the back, holding the ball with both hands. On the whistle, transition to a vertical position and move toward the opposite side, always keeping control of the ball with both hands.



5



One-Arm Transition Drill

With the ball in one hand in a backstroke position, move backward using breaststroke kicks and opposite-arm sculling. On the whistle, transition to a vertical position, advancing slightly with breaststroke kicks.



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Skill 8

Eggbeater Kick (Horizontal & Vertical)

Objective

Maintain vertical and horizontal stability while generating continuous lift through alternating breaststroke-type leg movements.

Description

The eggbeater is a continuous, alternating circular kick, providing balance and support without forward motion. Each leg moves independently in a small outward–inward circle, knees bent near the surface, and feet turned out (dorsiflexed). The power comes from hip rotation and inner-thigh engagement, not from the ankles. In horizontal drills, the player moves forward slowly, combining eggbeater motion with light sculling; in vertical drills, they keep shoulders high and steady. Smooth rhythm and control are more important than height.

Things to Check & Correct

- Legs never straighten fully.
- Knees remain wide, near the surface.
- Feet turned out and relaxed—avoid stiff ankles.
- Movement smooth, alternating, and without pauses.



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Skill 8

Eggbeater Kick (Horizontal & Vertical)

DRILLS

1



Horizontal Eggbeater Kicking with Ball

Move forward in prone (face-down) position using a horizontal eggbeater kick, while holding the ball with straight arms extended in front of the shoulders.



2



Semi-Vertical Eggbeater Kicking without Ball

Move forward in a semi-vertical position using a continuous eggbeater kick, with straight arms slightly extended in front of the shoulders. Perform small right-to-left sculling movements to support body balance and stability.



3



Combo Kick with Ball

In a prone position, advance using a horizontal eggbeater kick while holding the ball, then switch to two complete breaststroke kicks. Repeat the sequence continuously.



4



Push the ball under & Rise

Push the ball underwater, then use a strong eggbeater kick to rise vertically until the shoulders emerge above the surface.



5



Horizontal-to-Vertical Eggbeater with Ball

Start in a prone position holding the ball, then transition smoothly into a vertical position using a continuous eggbeater kick.



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Skill 9

Learning the Basic Vertical Position with the ball

Objective

Develop a stable vertical body position with the ball held ready to pass or shoot while maintaining balance and control.

Description

From a strong eggbeater base, the player raises the throwing arm behind the head with the elbow above the ear and the ball higher than the head. The opposite leg is forward to stabilize the body and generate balance. The supporting hand sculls lightly in front to maintain height. Eyes stay forward, hips under shoulders, and body upright throughout. This position forms the foundation for passing, shooting, and faking actions in water polo.

Things to Check & Correct

- Vertical posture—no leaning back or forward.
- Elbow higher than ear; wrist aligned above head.
- Continuous eggbeater to maintain shoulder height.
- Ball supported by the palm—not gripped or squeezed.



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Skill 9

Learning the Basic Vertical Position with the ball

COACHING REIMAGINED

DRILLS

1



Basic Position Hold with Eggbeater

From a vertical position, use an eggbeater kick to lift high and raise the ball into basic position (elbow high, forearm vertical). Hold for 5" with hips up and eyes forward, then lower and repeat 6–8 times.



2



Basic Position Hold Turning Around

In basic position, move left, right, forward, or backward on the coach's signal without losing height..



3



Basic Position alternating Eggbeater with Breaststroke kick

Assume basic position holding the ball and alternate eggbeater with breaststroke kick



4



Basic Position without Supporting Arm

From a vertical position, use an eggbeater kick to lift high and raise the ball into basic position without the support of the opposing arm.



5



Basic Position to Dribbling Forward

From a vertical position, begin dribbling forward; on the coach's signal, stop and immediately assume the basic position. Repeat the sequence continuously.



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Skill 10

Passing the Ball on Water while in Vertical Position (Wet Pass)

Objective

Develop control, accuracy, and timing for short passes that travel smoothly across the water surface.

Description

From the basic throwing position, the player makes a curved arm motion to guide the ball toward a teammate's supporting hand on the surface. The release is smooth, with a gentle wrist action that avoids bouncing or splashing. The opposite leg stays forward to stabilize the body while eggbeatering continuously. The receiver absorbs the ball softly, guiding it to rest in front of them before lifting or returning the pass.

Things to Check & Correct

- Pass aimed directly to teammate's supporting hand on the water.
- Maintain vertical posture; avoid sinking or leaning.
- Controlled wrist finish; avoid over-rotation or excessive force.
- Smooth, consistent tempo for both passer and receiver.



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Skill 10

Passing the Ball on Water while in Vertical Position (Wet Pass)

DRILLS

1



Basic Position with Ball – Pass to Dominant Hand

Hold the basic position with the ball for 5 seconds, then pass on the water to a teammate's dominant hand. Slide the hand under the ball and lift it into the basic throwing position. Perform 10–12 repetitions.



2



Basic Position with Ball – Pass to Non-Dominant Hand

Hold the basic position with the ball for 5 seconds, then pass on the water to a teammate's non-dominant hand. Slide the hand under the ball, transfer it to the dominant hand, and lift it into the basic throwing position. Perform 10–12 repetitions.



3



Deck-to-Water Passing

One player on the deck and one in the water exchange wet passes. The player in the water indicates the preferred receiving hand/spot.



4



Dribble-Stop-and-Pass

Dribble forward. On the signal, stop in a vertical position and deliver a wet pass to a teammate's front hand.



5



Lead Pass Drill

Lift the ball, count to 5 seconds, then lead the pass 2–3 m ahead toward a teammate's head, emphasizing the ball's bounce on the water. The receiver swims onto the ball, repeats, and continues the drill.



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Skill 11

Sculling / Moving with Hands

Objective

Learn to use sculling for balance, support, and small directional adjustments without full swimming strokes.

Description

With arms bent and elbows close to the body, the player sweeps the hands in and out in a figure-eight motion. Thumbs point slightly up on the inward sweep and slightly down on the outward sweep. The body remains steady, with the shoulders high and hips aligned under the chest. Small changes in hand angle or wrist pressure allow forward, backward, or lateral movement. This is a key skill for stability and repositioning in water polo.

Things to Check & Correct

- Fingers closed, palms firm but flexible.
- Elbows bent at about 90°, not locked.
- Hands neither too close nor too wide.
- Legs stay active—light eggbeater; knees never straight.



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Skill 11

Sculling / Moving with Hands

DRILLS

1



Ball Between Knees Balance

Sit on the ball, scull hands to move forward and backward while maintaining balance.



2



Ball Between Knees - Side Travel

Sit on the ball, scull right and left; alternate directions.



3



Ball Between Knees - Turn Drill

Sitting on a ball, turn full circles both directions using sculling only.



4



Vertical Support

From a seated vertical position without eggbeater, use sculling to move forward, backward, or sideways.



5



Horizontal Glide

Lie horizontal with extended legs; scull palms in and out to move slowly backward.



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Skill 12

Starting Off without Wall Push

Objective

Develop explosive starts from still water using leg power, balance, and coordinated arm action.

Description

From a stationary floating position (one arm extended forward, one by the side), the player performs a strong breaststroke kick combined with a simultaneous arm pull under the body, launching forward into horizontal swimming. The head stays above water with eyes forward. Players then continue with 2–3 head-up freestyle strokes before stopping to repeat. This movement teaches quick acceleration and transition from rest to motion—an essential reaction skill in water polo.

Things to Check & Correct

- Head and eyes remain forward; body horizontal during takeoff.
- Breaststroke kick and arm pull are perfectly synchronized.
- Clear switch of leading arm on each repetition.
- Strong, continuous movement through the first 3 strokes.



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Skill 12

Starting Off without Wall Push

DRILLS

1



Ready–Go Start

From start-off position, on whistle perform a powerful breaststroke kick and switch lead side.



2



Head-Up Start Drill

Start-off → 3 m head-up freestyle → stop → repeat; focus on fast, clean first strokes.



3



Back Transition

Start-off → roll to backstroke → 3 m swim → stop → repeat; trains adaptability.



4



Ball Dribble Start

Hold ball on palm in start-off; kick, push forward, and dribble 3 m head-up.



5



Vertical to Start

From vertical with both arms raised, switch to start-off position on signal, then return to vertical.



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Skill 13

Changing Body Position (Vertical - Horizontal)

Objective

Learn to transition quickly and smoothly between vertical and horizontal positions while keeping control and balance—with or without the ball.

Description

To move from horizontal to vertical, the player bends the knees under the body, starts eggbeatering, and stabilizes posture while keeping the head above the surface. To move from vertical to horizontal, the player pushes one hand under the chest while executing a strong breaststroke kick, extending into a streamlined swimming position. With the ball, one hand supports or guides the ball forward during each transition. The goal is to react instantly, maintaining orientation and readiness for play.

Things to Check & Correct

- Quick and compact knee lift when stopping.
- Strong first kick when restarting.
- Clear hand coordination—no ball loss or submersion.
- Hips remain close to surface through all transitions.



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Skill 13

Changing Body Position (Vertical - Horizontal)

DRILLS

1



Signal Start–Stop

From a vertical position, move forward with eggbeater while pushing the ball ahead with alternating hands. On the signal, swim forward; on the next signal, stop and return to the vertical position.



2



Basic Throwing Position to dribbling

From basic throwing position with the ball in hand → on signal, start dribbling; next signal, stop and return to vertical throwing posture.



3



Back-to-Vertical

Start on the back with the ball at the chest → perform 5 breaststroke kicks → rise to vertical → lift the ball overhead → eggbeater for 5 s → repeat.



4



Signal Reaction

Kids follow the coach's signals → one arm raised → SWIM → both arms raised → STOP.



5



Directional Command

One arm points direction to swim; both arms = stop; builds focus and response speed.



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Skill 14

Changing Direction (with/without the Ball)

Objective

Learn to pivot quickly and efficiently by bringing the legs under the body, rotating the trunk, and coordinating arms and legs—all while maintaining vision and balance.

Description

Without the ball: the player initiates the turn using a wide outer arm and a strong inward pull with the inner arm, combined with a breaststroke kick to accelerate rotation. With the ball: the player keeps the palm under the ball, steering it to the new direction while performing a compact leg and torso rotation. The key is to pivot around the vertical body axis, keeping the head high and eyes forward at all times.

Things to Check & Correct

- Head remains steady and eyes focused forward.
- Legs compact under the body—no wide, slow movements.
- Kick timed with trunk rotation.
- Smooth, continuous motion—avoid pausing mid-turn.



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Skill 14

Changing Direction (with/without the Ball)

DRILLS

1 Signal Turns



Swim head-up without the ball → on signal, turn right → on the next signal, turn left → continue in a zig-zag pattern.



2 Zig-Zag Swim



Head-up freestyle → on signal, turn right or left → continue zig-zagging → repeat until the end of the lane.



3 Zig-Zag Dribble



Swim head-up with ball; on signal, turn right or left; repeat until end of lane.



4 Zig-Zag Line Relay



Players with a ball line up in groups of three → 2 m apart → the two in front stay vertical with eggbeater. On signal, the last player swims head-up → zig-zags around the two players → reaches the front. When arriving → the new last player starts and repeats.



5 Move to Receive Ball



One player with the ball in a basic position → passes to a teammate moving to one side to receive → the teammate returns the ball → the passer then passes to the opposite side → always move before receiving, not waiting still to receive the ball.



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Skill 15

Gliding Forward while Holding the Ball Behind

Objective

Develop coordination and spatial awareness while protecting the ball behind the body and maintaining smooth forward movement.

Description

The player holds the ball on the palm behind the body, keeping the arm extended and the ball slightly below the surface. The front hand performs light sculling for balance and direction, while the legs use strong, rhythmic breaststroke kicks to glide forward. The body stays semi-vertical, alternating between looking ahead and glancing back to maintain control and awareness of both the ball and the surroundings.

Things to Check & Correct

- Palm supports the ball without squeezing.
- Torso balanced; slight forward lean for direction.
- Steady breathing pattern—alternate forward and backward checks.
- Smooth, even rhythm between kicks and sculling.



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Skill 15

Gliding Forward while Holding the Ball Behind

DRILLS

1



Glide and Dribble Combo

Glide 5 m with the ball held behind and then dribble 5 m forward, then; repeat several times.



2



Zig-Zag Glide

Move in zig-zag pattern with the ball behind; stop on signal to hold still for 3 seconds.



3



Glide & Stop

Glide forward 5 m with ball behind, then stop in vertical position and hold 5 seconds; repeat.



4



Chased Glide

In pairs, attacker glides forward with ball behind while defender follows from 5 m; attacker switches to dribble when defender closes in.



5



Back-to-Front Switch

On back, perform 3 breaststroke kicks with ball behind → switch to forward glide keeping ball behind.



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Skill 16

Jumping Out from the Water (Vertically or Laterally)

Objective

Develop explosive upward power and body coordination to rise high from the water for passing, blocking, or shooting.

Description

From a strong eggbeater base, the player performs a powerful breaststroke kick while closing the legs quickly under the body. One or both arms drive upward as the player jumps vertically, reaching as high as possible. Upon re-entry, the legs open wide again to resume eggbeater kick immediately. The same principle applies for lateral jumps, where one leg drives more strongly to project the body sideways. The focus is on explosive timing and quick recovery of balance after the jump.

Things to Check & Correct

- Close legs quickly during takeoff; open wide on landing.
- Head steady and eyes forward throughout motion.
- Hips rise to surface before jump.
- Immediate eggbeater restart after landing.



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Skill 16

Jumping Out from the Water (Vertically or Laterally)

DRILLS

1



Jump on Signal

On vertical signal → jump with one arm high; on side signal → jump laterally to the right or left.



2



Don't Let It Drop

Pass a balloon or light ball back and forth to practice height control and soft landing. Use both hands.



3



Target Reach

Try to touch or reach a floating object or board held at varying heights.



4



Swim & Jump

Swim 5 m head-up → stop → perform one vertical jump with right arm, then one with left; repeat.



5



Eggbeater Hold & Jump

Eggbeater for 5 s with both arms up → on whistle, jump vertically or laterally.



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Skill 17

Passing with the Wrist while Swimming with the Ball

Objective

Learn to deliver short, accurate passes while swimming forward, using wrist control and maintaining body balance.

Description

While dribbling head-up, the player lifts the ball slightly above the surface and makes a quick wrist flick to pass it forward or sideways without stopping the swimming rhythm. The body remains horizontal, supported by a strong kick, and the arm motion stays compact and smooth. The pass should travel low and flat over the water, staying close to the surface to avoid bouncing. Timing between kick and pass is crucial for accuracy and fluidity.

Things to Check & Correct

- Maintain horizontal body position—avoid dropping hips.
- Kick timed precisely with wrist motion.
- Smooth follow-through—no shoulder lifting or splashing.
- Ball glides near the surface with minimal spin.



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Skill 17

Passing with the Wrist while Swimming with the Ball

COACHING REIMAGINED

DRILLS

1



Side-by-Side Passing

Two players swim side by side, exchanging passes using the wrist while maintaining consistent speed and rhythm.



2



Signal Change

Players swim together; at the whistle, they perform a quick wrist pass and immediately change direction. Repeat after each pass.



3



Pass in Opposite Direction

Two players swim together; one has the ball. When the teammate stops and changes direction, pass the ball in front of him. Then repeat in the opposite direction.



4



Move to Receive the Ball

One player holds the ball in a basic position and passes within a 3×3 m area; the teammate moves to receive the ball in the water and returns the pass.



5



Eye Contact First, Then Pass

Pass only after establishing visual contact; this develops communication and awareness.



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Skill 18

Gliding Forward with Breaststroke Kicks with Ball in Front

Objective

Develop control and stability when gliding forward toward the goal with the ball in hand, in front of the head, preparing for a shot or pass.

Description

The player holds the ball on the palm of the throwing hand at shoulder height, keeping the body semi-horizontal with hips high and chest slightly out of the water. Using small breaststroke kicks, the player glides smoothly toward the goal while maintaining balance and control. The supporting arm performs gentle sculling to guide direction and stabilize the body. The head stays up and eyes focus on both the goalkeeper and teammates. The key is to move forward efficiently, minimizing splashes and keeping the ball steady in front. This position is used often in 1-on-1 situations or before shooting.

Things to Check & Correct

- Ball steady on hand, not bouncing or slipping.
- Body straight, hips high, minimal head movement.
- Short, consistent breaststroke kicks for smooth glide.
- Eyes forward—never lose awareness of goal or defender.



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Skill 18

Gliding Forward with Breaststroke Kicks with Ball in Front

DRILLS

1



Glide with Ball in Front

Hold the ball on an upward-facing palm near the shoulder; perform a breaststroke kick and extend the arm forward to glide. Repeat without bringing the ball behind the head.



2



Glide – Stop – Assume Basic Position

Glide forward with the ball in front, repeating the movement three times. Then stop and hold a basic position for 3". Repeat, emphasizing a full glide until momentum decreases.



3



Glide Left – Stop – Swim Right

Glide left with the ball, stop, hold for 3 seconds, then swim right. Repeat the sequence.



4



Glide and Pass

Players work in pairs 2 m apart, side by side; one glides forward with the ball using three breaststroke kicks while the other follows. Then stop, hold a basic position for 3", and make a wet pass. The teammate repeats the sequence.



5



Glide and Fill the Gap

Work in pairs 2 m apart, one in front of the other; one glides forward with the ball using breaststroke kicks while the teammate moves backward in front. After stopping and holding a basic position for 3–5 seconds, the gap is recreated and the glide resumes. Switch roles after two repetitions.



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Skill 19

Passing the Ball to a Teammate's Hand (Dry Pass)

Objective

Execute accurate, high (dry) passes using full body coordination and vertical stability to deliver the ball directly to a teammate's hand.

Description

From a stable vertical position, the player prepares in the basic throwing stance: opposite leg forward, hips and shoulders rotated slightly, ball above head, and elbow higher than the ear. The throw begins from the hips, followed by the rotation of the trunk, shoulders, arm, and wrist, generating a smooth kinetic chain. The teammate receives with an open hand, slightly absorbing the impact to maintain control. The motion should be fluid, balanced, and quiet—focused on accuracy rather than power.

Things to Check & Correct

- Body tall; knees close to surface.
- Elbow high; wrist firm and aligned with target.
- Follow-through with fingers pointing toward teammate's hand.
- Eyes fixed on target throughout the throw.



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Skill 19

Passing the Ball to a Teammate's Hand (Dry Pass)

DRILLS

1



Rebound Board Passing

Use a rebound board to improve receiving technique, cushioning the speed of the ball. Hold the ball in the basic water polo position for 3 seconds, then make the pass, following through with full extension of the arm until the fingers reach the water.



2



Partner Passing

Players work in pairs, 2 m apart. Hold the ball in the basic position for 3 seconds, receiving it with the arm out of the water and the fingers relaxed, cushioning the ball during the catch. Pass the ball back to the partner, following through with full arm extension until the hand reaches the water.



3



Turn and Pass

Players work in pairs, 2 m apart. Hold the ball in the basic position for 3 seconds. Then perform a 360° clockwise turn, maintaining the basic position, and pass the ball directly to the partner's hand. Repeat with a 360° counterclockwise turn.



4



Receive, Pass and Move

Receive the ball from a partner and hold it in the basic position for 3 seconds. Make the pass and perform a 1 m lateral movement to the right or left. Receive the ball again and repeat the exercise three times. Then change roles.



5



Passing Challenge – 30 Seconds

Two players position themselves 2 m apart. Complete as many technically correct passes as possible in 30 seconds. If the ball is dropped, continue the exercise; the main objective is to maintain correct receiving and passing technique.



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Skill 20

Shooting the Ball

Objective

Combine balance, rotation, and wrist control to perform accurate and powerful shots at goal from a stable vertical position.

Description

From the basic throwing position, the player initiates the shot with a full kinetic chain: hips → trunk → shoulders → arm → wrist → fingers. The elbow remains high, the opposite leg forward, and the body tall throughout the motion. The follow-through ends with the hand pointing directly toward the target. Players focus first on technique and direction, then gradually increase speed and intensity.

Things to Check & Correct

- Maintain vertical stability—no leaning or sinking during shot.
- Elbow higher than ear; wrist and hand finish to target.
- Full rotation through hips and shoulders.
- Controlled recovery after release to regain position.



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DRILLS

1



Keep Basic Position and Shoot on the Spot

Hold the ball in a basic position for 3", then perform a controlled shooting motion, bringing the ball forward without losing contact. Emphasize full arm follow-through and proper body alignment. Alternate eggbeater and breaststroke kicks.



2



Stationary Shots

Shoot from a vertical position toward the goal without a goalkeeper. The drill can also be performed with a rebound board. Focus on correct basic position and full arm follow-through to the water.



3



Dribble and Shoot

Dribble 5m, stop, rise to a vertical position, and shoot. Start with an empty goal, then add a goalkeeper.



4



Swim to Receive a Wet Ball and Shoot

Swim toward the goal with a goalkeeper, collect the ball from the water (wet pass), bring the legs under the body to reach a stable vertical position, hold for 3", and shoot. Focus on body alignment, high elbow position, and full follow-through.



5



Swim to Receive a Dry Ball and Shoot

Swim toward the goal, bring the legs under the body, receive the ball in the hand (dry pass), hold a stable position for 3", and shoot. Emphasize proper body alignment, high elbow position, and full arm follow-through.



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Skill 21

Basic Perimeter Defense Vs opponent without ball

Objective

Maintain correct defensive position against a non-moving attacker, staying ready to protect inside water. Build balance, control, and awareness as the foundation for dynamic defense.

Description

Semi-vertical body position with hips high, ensuring a stable and balanced base Positioned between attacker and goal, ready to protect inside water Constant awareness of ball and opponent position, adjusting body orientation Maintain proper distance to stay effective without overcommitting

Things to Check & Correct

- Defender always aligned on the ball–you–goal line
- Hips high, with the body slightly angled toward the attacker and opposite to the ball side, ensuring constant vision of the...
- Small, quick eggbeater leg movements; avoid vertical sinking
- No overreaching or grabbing; maintain controlled contact with the arm opposite to the ball side (ball right → left arm, ball left...



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Skill 21

Basic Perimeter Defense Vs opponent without ball

DRILLS

1



Horizontal Sculling Movement

Players move right, left, forward, and backward using sculling movements in a horizontal position. The legs perform a light bicycle action while the arms push and pull to maintain stability.



2



Side Wall Sculling Drill

At the pool edge, the player keeps a diagonal horizontal position while holding the wall with one hand. The free arm performs sculling movements while the legs maintain a relaxed sideways eggbeater action.



3



Mirror Position Drill

A defender and an attacker assume mirrored positions. The defender controls with the left arm and legs to the left side, while the attacker controls with the right arm and legs to the right side. Both players must maintain a horizontal body position without dropping the hips vertically. On the coach's signal, both players look left and then right.



4



Reposition Drill

Same set-up as the Mirror Position Drill. Two players pass the ball from 5 m apart, while the defender and attacker follow the ball movement and re-position themselves, keeping their hips up without dropping the legs vertically.



5



Mirror Rotation Defensive Drill

The attacker and defender start in mirrored horizontal positions. On the coach's signal, the attacker rotates clockwise or counterclockwise to create separation. The defender reacts with the opposite rotation while maintaining a strong horizontal defensive position. The drill develops reaction speed, balance, and defensive positioning



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Skill 22

Defending a Driving Opponent without ball

Objective

Maintain the inside water position against a moving attacker. Develop horizontal defensive movement and directional reaction skills.

Description

The attacker drives to create space and receive the ball, while the defender follows maintaining a strong horizontal body position. One arm checks the opponent while the opposite arm performs sculling movements depending on ball position and attacker movement. The defender glides sideways facing the attacker, using sideways breaststroke kicks and keeping the checking arm slightly bent outside the water. When the attacker changes direction, the defender quickly recovers the hips, reverses direction, and switches both supporting and checking arms.

Things to Check & Correct

- Defender maintains constant inside-water position.
- Body facing opponent—no back turned.
- Quick, smooth side slides with coordinated legwork.
- No grabbing or pulling on the opponent.



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Skill 22

Defending a Driving Opponent without ball

DRILLS

1



Swim – Stop and Rotate into Perimeter Defense Position

Swim 5 metres and, on the coach's signal, rotate 180° into the perimeter defensive position while keeping the hips up. Repeat swimming backstroke with breaststroke legs and rotate to the opposite direction on the signal.



2



Perimeter Drive Defense Drill

Perimeter Drive Defense Drill: Two players assume attacking and defensive positions. The defender initially checks with one arm and sculls with the other while keeping the hips up. When the attacker drives right or left, the defender glides sideways using breaststroke kicks, gliding on one arm while keeping the opposite arm raised and slightly bent outside the water....



3



Direction Change Reaction Drill

The attacker swims 2 meters to one side, stops, and changes direction. The defender moves sideways using breaststroke legs, switching arms and body position to follow the new movement. Start slowly and gradually increase the speed while keeping visual contact with the opponent and ball.



4



Forth and Back Reaction Drill

The attacker drives right or left, then moves backward to create space. The defender follows, quickly changes direction, and uses freestyle arms with breaststroke legs to stay close. If the attacker stops again, the defender immediately recovers the hips-up position.



5



Reposition Drive Drill

Two players pass the ball 5 metres apart while the attacker drives to create space. The defender continuously repositions to maintain inside water position and hips up without dropping the legs vertically. Start slowly and gradually increase the speed.



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Skill 23

Backside Perimeter Defense vs Opponent with Ball

Objective

Defend an attacker with the ball from behind while maintaining correct position, balance, and visual control without fouling.

Description

When defending a right-handed attacker with the ball from behind, the defender positions on the attacker's left shoulder with hips up (opposite side against a left-hander). The defender keeps both hands visible to show the referee there is no intention to foul. When the attacker puts the ball into movement, the defender follows using freestyle arms with breaststroke legs, keeping the arms wide to avoid swimming over the opponent, without impeding the movement but disturbing an easy pass to a teammate.

Things to Check & Correct

- Correct shoulder alignment: left shoulder of right-handed attacker.
- Hips remain high; legs kick continuously.
- Hands visible above water to avoid foul calls.
- Body glides, never presses on opponent's back.
- Emphasize "clean" non-contact defense rather than grabbing or holding.



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Skill 23

Backside Perimeter Defense vs Opponent with Ball

DRILLS

1



Back-Shoulder Position Control Drill

The defender positions behind and on the left shoulder of the right-handed attacker with the ball. Both players maintain a high-hips position. The defender applies light forward pressure and releases while keeping the hands visible. Repeat three times, then change roles.



2



Shadow Swimming and Defensive Positioning

The defender swims closely behind the attacker for 2 meters. When the attacker stops, the defender quickly assumes the correct high-hips defensive position with visible hands. On the signal, the attacker swims again while the defender follows and re-establishes position. Then players change roles.



3



Mirror Defense Tackle

The attacker turns onto the back and moves backward with the ball near the surface. The defender applies mirror defense by raising the left arm parallel to the attacker's right arm, while the opposite arm performs short freestyle strokes with breaststroke kicks to maintain body height. Alternate roles.



4



Complete Lay-Out Defense Tackle

The attacker performs a lay-out move to avoid pressure and pass backward. The defender follows with freestyle swimming and then applies the mirror defense technique without grabbing or fouling.



5



Combined Backside Perimeter Defense

The defender swims closely behind the attacker who has or receives the ball. The defender maintains a high-hips position and follows the attacker's lay-out move using the previously described techniques. Swim 3 meters, stop, defend the lay-out, and repeat twice before changing roles.



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Skill 24

Perimeter Front Defense vs Attacker with Ball

Objective

Maintain control and balance while defending an attacker with the ball in a face-to-face perimeter position. Learn correct blocking timing, body position, and mirror-arm technique without committing fouls

Description

Against a right-handed attacker, the defender keeps the left arm raised high to reduce the shooting angle, while maintaining high hips with strong eggbeater legwork. The raised arm stays slightly bent and steady without waving, while the opposite arm sculls to maintain balance and body control. The defender maintains correct position between attacker and goal, staying balanced and at the proper distance to react without allowing an easy spin move.

Things to Check & Correct

- High hips with continuous strong eggbeater legwork.
- Correct mirror-arm position with the blocking arm high and steady.
- Proper distance and position between attacker and goal.
- No waving, grabbing, or lowering of the blocking arm.



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Skill 24

Perimeter Front Defense vs Attacker with Ball

DRILLS

1



Mirror Arm Blocking Drill

The attacker holds the ball in the basic position while the defender maintains the correct mirror-arm position, keeping the blocking arm high and steady without waving or lowering it.



2



Mirror Arm Blocking – Change of Pace Drill

The attacker holds the ball in the basic position while the defender maintains the mirror-arm position. On the coach's signal, both players rise as high as possible out of the water and hold the position until the next signal.



3



Mirror Arm Blocking and Frog Jumps

Two players face each other 4 meters apart. The defender maintains the mirror-arm position and performs frog-style jumps forward using breaststroke kicks while the opposite arm sculls to maintain balance and body height.



4



Backstroke Recovery Blocking Drill

The attacker swims forward with the ball while the defender swims backstroke in front. When the attacker stops in shooting position, the defender quickly brings the legs under the hips and raises the left arm to block. Repeat twice, then change roles.



5



Lateral Blocking Recovery Drill

The attacker moves laterally with the ball while maintaining the basic shooting position. The defender follows using sideways eggbeater movement and maintains the correct mirror-arm position without lowering the blocking arm. On the coach's signal, the attacker simulates a shot while the defender rises high in the correct blocking position using strong eggbeater...



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Skill 25

Changing Direction and Jump (Two-on-One)

Objective

Defend effectively in a two-on-one situation by reading the play, changing direction quickly, and using explosive jumps to delay or block the attack.

Description

When facing two attackers advancing together, the defender's task is to delay the attack by applying pressure to the ball carrier first, then rapidly changing direction to challenge the pass receiver. The defender remains semi-vertical, head up, using short freestyle strokes with breaststroke legs to move laterally. Each time the ball is passed, the defender performs a quick vertical jump to reduce the passing angle, then pivots using a strong breaststroke kick to move toward the new ball carrier. This continuous cycle of jump–rotate–move minimizes the attackers' advantage and buys time for defensive support.

Things to Check & Correct

- Eyes on both the ball and second attacker at all times.
- Short, powerful legwork for fast lateral moves.
- Compact vertical jumps—no overreaching or grabbing.
- Smooth recovery after each jump to avoid losing position.



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Skill 25

Changing Direction and Jump (Two-on-One)

DRILLS

1



Jump and Pivot Recovery Drill

The defender performs a vertical blocking jump and, on the coach's signal, pivots 90° or 180° using breaststroke legwork to recover defensive position. Focus on balance, fast recovery, and quick direction change.



2



Vertical Jump and Rotate Drill

Two attackers positioned 4–5 meters apart pass at medium pace. At each pass, the defender jumps vertically to pressure the passer, then quickly changes direction toward the receiver. Repeat 3 consecutive passes, then rotate roles.



3



Jump and Close-Out Drill

Two attackers stand 4–5 meters apart passing the ball. The defender stays between them in ready position. As soon as the ball is passed, the defender jumps vertically, then moves with quick breaststroke "frog jumps" toward the receiver with the mirror arm raised high trying to block the pass.



4



Swim–Recover–Jump Drill

Two attackers, 4–5 meters apart, swim forward with the ball. Every 3 meters they stop and exchange three passes. The defender stays in the middle and jumps vertically at each pass trying to intercept with the mirror arm raised. After the passes, the attackers swim another 5 meters and repeat. Rotate roles after each sequence.



5



Zig-Zag Two-on-One Defense Drill

Two attackers swim forward exchanging passes while the defender moves in a zig-zag pattern, attacking the ball carrier and changing direction after each pass. The defender tries to time the jump to intercept the pass and delay the attackers' advance.



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Skill 26

Lay-Out Move by an attacker with the ball (Start Move)

Objective

Perform a clean lay-out movement to protect the ball and create space for a quick pass or shot.

Description

Under defensive pressure, the attacker rotates onto the back into the lay-out position while keeping the ball behind the head on the water surface. The movement begins with a short forward breaststroke kick to place the ball into motion, followed by a strong breaststroke kick to rotate onto the back. The player then continues with an underwater bent-arm stroke using the free arm, combined with backward breaststroke kicking to avoid the defender's tackle. From this position, the attacker gains a wider vision of the pool, allowing a quick pass or immediate shot before the defender recovers. The action must remain fluid and controlled, protecting the ball while maintaining a high and stable body position. This movement i...

Things to Check & Correct

- Smooth transition from the vertical position into the lay-out position.
- Ball controlled behind the head on the water surface.
- Hips remain close to the surface for better balance and stability.
- Eyes up—maintain awareness of teammates and the goal.



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Skill 26

Lay-Out Move by an attacker with the ball (Start Move)

DRILLS

1 Putting the Ball into Movement



From a vertical position with the legs under the hips and the ball resting on the water surface, the player puts the ball into movement on a 1–2 count using two breaststroke kicks. The player then returns to the vertical position and repeats. The hand should be placed on the rear side of the ball, with the palm pushing the ball forward.



2 Gliding Backwards with the Ball Behind



The player lies on the back with the ball behind the head on the water surface. Using breaststroke kicking and underwater strokes with the free arm—bent arm and elbow close to the body—the player moves backwards while controlling the ball.



3 Gliding Backwards with the Ball Behind Under Mirror Defensive Pressure



Same drill as above, but with a defender applying mirror defensive pressure and attempting a tackle, as described in Skill 23 and Drill 23.3. The attacker maintains backward movement, stability, and ball control.



4 Complete Lay-Out Transition Drill (1–2 / 3–4)



Same drill as above, but with a defender applying mirror defensive pressure and attempting a tackle, as described in Skill 23 and Drill 23.3. The attacker maintains backward movement, stability, and ball control.



5 Lay-Out Escape and Backward Pass Under Defensive Pressure



The attacker dribbles forward with a defender following closely. On the signal, the player stops, brings the legs under the hips, performs the lay-out movement (1–2 / 3–4), rolls onto the back, and executes a backward pass while maintaining body stability and ball control under pressure.



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Skill 27

Driving Ball Side to Receive the Ball

Objective

Drive toward the ball side to receive the pass on the side away from the defender, keeping the defender on the non-ball side of the body.

Description

As the attacker sees the ball moving right or left, they explode into a quick drive toward that side using short, explosive strokes while maintaining high hips and speed. The attacker stays between the defender and the ball, protecting inside water and preventing the defender from recovering in front. At the end of the drive, the attacker performs a 360° rotation using the outside arm underwater (right arm to the right, left arm to the left) to turn face-to-face with the defender. Bringing the legs under the hips into a vertical position keeps the defender on the back and creates a safe passing lane. With one strong stroke and a start move, the attacker can quickly turn to shoot or pass to a free teammate behind the defender. Correct timin...

Things to Check & Correct

- Anticipate ball movement and begin the drive early.
- Keep the body slightly angled toward the goal with eyes on the ball.
- Maintain inside-water position and avoid drifting wide.
- Execute a quick, controlled 360° rotation while keeping the defender on the back.
- Bring the legs under the hips into a stable vertical position



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Skill 27

Driving Ball Side to Receive the Ball

DRILLS

1 Ball-Side Drive – No Defense



The attacker starts about 10 meters from the goal with the ball on the right side and drives toward the right post using short, explosive strokes. At the post, the player performs a vertical spin rotation, brings the legs under the body, and receives the ball on the water. The coach corrects timing, rotation, and reception technique.



2 Ball-Side Drive – With Defender



After a 10-meter ball-side drive with a defender, the attacker performs a vertical spin rotation using the outside arm (right arm when driving right) to turn first toward the defender and then toward the ball. Bringing the legs under the hips into a vertical position helps seal the defender behind before safely receiving the ball.



3 Ball-Side Drive – Stop and Restart – With Defender



After a few meters of driving, the attacker stops for 2 seconds to read the defender's reaction, then explosively resumes the drive. The movement ends with a spin rotation, sealing the defender behind before receiving the ball in a vertical position.



4 Ball-Side Drive to Shot Drill



The attacker drives ball side, seals the defender with the rotation, receives the pass, and immediately performs a start move into a quick shot on goal. Emphasis is placed on timing, balance, and fast transition to shooting.



5 Ball-Side Drive and Pass Drill



The attacker drives ball side under pressure, performs the spin rotation to keep the defender behind, receives the ball, and immediately passes to a free teammate. The drill develops control, vision, and quick decision-making after reception.



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Skill 28

Release Move to Receive the Ball

Objective

Learn to escape from the defender and create space to receive a clean pass.

Description

The attacker uses the release move to break contact with a defender and gain position before the pass arrives. There are two common variations: Front Release Move: The attacker drives to the right with the left arm close to the defender. After three strokes toward the goal, the attacker stops, lifts the hips to create separation, and swims backwards freestyle. The ball arrives on the water; the attacker then brings the legs under the body and performs a Lay-Out (Start) Move (skill #26) Back Release Move: The attacker drives in freestyle. After three strokes with the left arm close to the defender, the player turns onto the back and moves away using breaststroke kicks, creating space to receive the pass directly in the hand from th...

Things to Check & Correct

- Release starts early—before pass is made.
- Movement small, fast, and controlled.
- Eyes always on the ball during rotation.
- No pulling or pushing with arms underwater.



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Skill 28

Release Move to Receive the Ball

DRILLS

1



Front Release Move Drill

A player with the ball stands 6 meters from a teammate, who performs a Front Release Move to receive the ball on the water and continue with a Lay-Out (Start) Move. The drill starts without defense to develop timing and technique, then progresses with a defender applying pressure.



2



Front-to-Back Release Move Drill

A player with the ball stands 6 meters from a teammate, who performs a Front-to-Back Release Move to receive the ball directly in the hand. The drill begins without defense to develop timing, rotation, and reception, then continues with defensive pressure.



3



Front-to-Back Release Move on a Triangle Set-Up Drill

Two standing players exchange passes 5 meters apart. At the third point of the triangle, an attacker and defender work together. The attacker performs a Front-to-Back Release Move, first returning the pass to the right player, then to the left player. After two repetitions, roles change.



4



2x2 Front Release Move Drill

In a 5 × 5-meter area, two pairs of attackers and defenders continuously exchange passes using Front Release Moves. After three passes, attackers and defenders switch roles.



5



2x2 Front-to-Back Release Move Drill

In a 5 × 5-meter area, two pairs of attackers and defenders exchange passes using Front-to-Back Release Moves. After three passes, attackers and defenders change roles, developing timing and body positioning under pressure.



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Skill 29

Receiving a Cross Pass (from the Left)

Objective

Receive and control a cross pass coming from the left side while maintaining balance and readiness to shoot or pass.

Description

When receiving a pass from the left, the chest should already face the intended direction of the next action before catching the ball, rather than facing the passer. The athlete should reach toward the ball and smoothly guide it across the chest into the throwing position, using a straighter arm than usual. The athlete should not attempt to pass or shoot before assuming a correct basic position, with the ball held high and the left shoulder slightly pointing toward the target for either passing or shooting. For a right-handed player, the right leg should also be positioned behind to provide a stable base and proper body balance. At the beginning, the cross pass should be soft until the teammate is ready to execute the correct technique.

Things to Check & Correct

- Chest and body already oriented toward the next action, not directly toward the passer.
- Ball is absorbed and guided smoothly across the chest, and transferred into the basic throwing position with correct body...



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Skill 29

Receiving a Cross Pass (from the Left)

DRILLS

1



Rotation Basic Position Drill

A player starts with the ball in basic position. On the coach's signal, he rotates 90° to the right and holds a high basic position for 5 seconds. He continues rotating 90° clockwise on each signal until returning to the starting position. Focus on balance and high hips.



2



Cross Pass Reception and Return Drill

Two players stand 5 meters apart. One player holds the ball for 5 seconds, then passes on the whistle. The teammate receives a cross pass facing the goal and passes left without rotating the whole body 90°. Keep the fingers toward the passer and the arm above the water.



3



Continuous Cross-Pass Flow Drill

Three outside players stand 5 meters apart in a triangle, with one player in the middle holding the ball. The central player passes clockwise. All players hold the basic position for 5 seconds before passing. Correct body position when moving to the right side.



4



Parallel Swim and Cross-Pass Drill

Two players swim parallel. The player on the left dribbles the ball. After 2 meters, he stops, assumes a vertical basic position, and delivers a cross pass to the teammate on the right, who receives while looking forward and passes back. They repeat after another 2 meters, then switch roles.



5



One-to-Zero (1-0) Shooting Move

Starting 6 meters from goal, the player advances diagonally toward the left post using breaststroke kicks (Skill #18) while keeping the ball in front, with a defender positioned behind and slightly on the right side. The player continues advancing while facing the goalkeeper, protecting the ball throughout the movement, and finishes with a controlled shot on goal.



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Skill 30

Basic Position and Movements of Center Forward

Objective

Develop the young player's ability to understand basic center-forward positioning, maintain balance in contact situations, and cooperate with teammates while remaining playable near the goal.

Description

At this age, players learn the fundamentals of center-forward play through partner drills focused on positioning, balance, and controlled contact. The center forward learns to swim ball-side toward 2 meters, use spin rotations to establish position, and maintain a playable orientation in front of the defender. Emphasis is placed on stable eggbeater support, lateral gliding, and protecting space against defensive pressure. Players also learn to rotate around the defender, secure inside position with correct arm placement, and prepare to receive the ball while maintaining balance and body control. Through continuous passing situations, they develop coordination with teammates, space protection, and simple lay-out passes or shots while...

Things to Check & Correct

- Proper timing and positioning when entering the center area.
- Stable vertical support and quick adjustment to defender and ball movement.
- Controlled physical contact while avoiding holding, sinking, or offensive fouls.



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Skill 30

Basic Position and Movements of Center Forward

DRILLS

1



Basic Position Drill

A center forward and defender both start in the basic position and work in pairs. The attacker maintains balance and a playable position for 5 seconds, then repeats the action several times.



2



Entry Swim Drill

A center forward and defender work in pairs. The center forward swims ball-side toward 2 meters, using a vertical spin-rotation technique to assume proper position in front of the defender.



3



Linear Space Protection Drill

The defender attempts to gain front position from either shoulder. The center forward protects the exit space using lateral gliding and correct arm extension while maintaining balance and body control.



4



Rotation Position Drill

Following the previous movements, the center forward performs a spin rotation to face the defender, placing the inside arm under the defender's armpit to secure space toward the ball carrier and prepare to receive the pass.



5



Nonstop Space Protection and Lay-Out Shot Drill

In a continuous four-player drill, two passers and a center-defender pair work together. The passers exchange at least four passes while the center forward works to secure the area and prepare for the pass. The center forward then receives the ball and performs a lay-out pass or shot to the back player, with the ball immediately returned from the opposite side. Focus on...



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Skill 31

Goalkeeper's Basic Position (Arms in Water, Shoulder-Width Sculling, Hands at the Surface)

Objective

Establish a vertical, high, central body position with arms in the water, hands at the surface, performing small, controlled sculling at shoulder width, without resting on the arms. Eyes must stay fixed on the ball.

Description

The goalkeeper aligns on the ball–goal center line with a vertical body position and hips close to the surface. The legs perform a continuous eggbeater, with knees relatively close and feet wide to catch more water and maintain height without bouncing. Arms remain in the water with the hands at the surface, positioned in front of the shoulders and shoulder-width apart. Sculling movements are small and horizontal (approximately 10–15 cm) with soft palms, avoiding wide arm actions. Vertical lift must come mainly from the legs, not from pressing with the arms. The head stays steady, chest and shoulders square to the ball, and the eyes remain focused on the ball without reacting to the attacker's eyes or fakes.

Things to Check & Correct

- Hands at the surface, shoulder-width apart; sculling small and continuous.
- No arm support — height maintained by legs.
- Vertical line, stable posture; chest and shoulders facing the ball.
- Knees close, feet wide; eggbeater smooth, no scissor or jerky motion.
- Visual focus: always the ball, not the attacker's eyes or face.



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Skill 31

Goalkeeper's Basic Position (Arms in Water, Shoulder-Width Sculling, Hand...

DRILLS

1



Vertical Hold with Sculling

Maintain the basic goalkeeper position for 20–30 seconds while the coach checks hand height, width, and overall body alignment.



2



Moving Vertical Hold Drill

The goalkeeper maintains the basic position with continuous sculling while moving forward, to the right, and to the left for 5 meters. Emphasis is placed on maintaining body height, correct hand position, stable eggbeater support, and continuous balance throughout the movement. Repeat 3 times.



3



Ball Tracking Rotation Drill

Two players positioned 5 meters apart exchange passes. The goalkeeper maintains the basic position while following the ball, rotating approximately 30 degrees to the left or right according to the ball's position, while maintaining stable eggbeater support and correct body alignment.



4



Eggbeater Resistance Drill

A player applies light pressure on the goalkeeper's shoulders from behind while the goalkeeper maintains body height using a strong eggbeater, with the hands continuing controlled sculling movements at the surface.



5



Blocking and Return Technique Drill

The goalkeeper starts in the basic ready position with the arms in the water. A teammate positioned 6 meters away performs light shots toward the goalkeeper. The goalkeeper reacts by deflecting the ball with both hands without catching it, allowing the ball to drop in front of the chest, and then, with one fluid movement, returns the ball to the shooter without lifting it...



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Skill 32

Basic Position with Arms Out of the Water

Objective

Maintain a correct ready position with the arms out of the water, elbows slightly bent, and palms positioned in front of and slightly above head level, while keeping balance and visual focus on the ball rather than on the attacker's eyes or body...

Description

As the attacker approaches the goal, the goalkeeper maintains a high vertical posture with continuous eggbeater support (knees relatively close, feet wide to catch more water). The arms remain out of the water with relaxed elbows and open palms facing forward, positioned approximately 20–30 cm in front of the face and slightly above head level. The hands stay relaxed but ready to react quickly, while the head remains steady and the eyes stay focused on the ball. This ready position allows quick reactions to both high and low shots without sinking, excessive movement, or splashing.

Things to Check & Correct

- Arms out of the water with relaxed elbows; palms facing forward slightly above eye level.
- Eyes focused only on the ball, not on the attacker's eyes or body fakes.
- Chest and shoulders square to the ball throughout the action.
- Knees relatively close, feet wide, with a smooth and continuous eggbeater.



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Skill 32

Basic Position with Arms Out of the Water

DRILLS

1 

High Hand Hold

Maintain the ready position for 15 seconds with 15 seconds rest, keeping the palms facing forward slightly above eye level. Focus on correct hand height, distance, and stable eggbeater support. Repeat 4 times.



2 

Moving Ready Position Drill

Move forward in the ready position for 15 seconds with 15 seconds rest, keeping the palms facing forward slightly above eye level. Focus on correct hand height, distance, and stable eggbeater support. Repeat 4 times.



3 

Target Tap

The coach holds a pool foam tube above the goalkeeper's head and alternates the height. The goalkeeper must reach and tap the tube above the head without sinking or losing balance.



4 

Alternate Basic position with arms in – out of water

On coach's command the goalkeeper alternated basic positions with arms sculling in the water and arms out of the water.



5 

Blocking and Return Technique Drill

The goalkeeper starts in the basic ready position with the arms out. A teammate positioned 3 meters away performs light shots toward the goalkeeper. The goalkeeper reacts by deflecting the ball with both hands without catching it, allowing the ball to drop in front of the chest, and then, with one fluid movement, returns the ball to the shooter without lifting it out of the wat...



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Skill 33

Lateral Movement and Angle Control

Objective

Move efficiently from side to side while maintaining a high vertical position, correct angle to the ball, and readiness to react to any shot.

Description

The goalkeeper moves laterally using 2–3 explosive breaststroke kicks in the direction of movement. When moving toward the right corner, the goalkeeper glides on the right arm while the left arm performs the final pulling action to bring the body back into a vertical position, with the legs recovering underneath the hips. The movement is performed symmetrically when moving toward the left corner. The entire action must be explosive, allowing the goalkeeper to move quickly from the center of the goal to either corner, and vice versa, while maintaining balance and body control. At the completion of each movement, the goalkeeper returns to a balanced ready position with the chest square to the ball, maintaining body height and immediate...

Things to Check & Correct

- Explode into the movement using powerful breaststroke kicks; avoid slow or passive transitions.
- Keep the eyes on the ball and the head stable throughout the movement.
- Recover to a high vertical position with the legs underneath the hips at the end of each glide.
- Finish each movement balanced and square to the ball, ready to react immediately



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Lateral Movement and Angle Control

DRILLS

1



Post-to-Post Movement Drill

Starting from the center, the goalkeeper moves explosively to the right post, returns to center, then moves to the left post and back. Maintain body height and balanced recovery. Repeat 3–4 times.



2



Ball-Following Lateral Movement Drill

Three players (A, B, C) are positioned along the perimeter. The goalkeeper moves from center to right, center, and left to block and return light shots. Focus on lateral movement, body height, and return technique. Repeat several times.



3



Ball-Overhead Lateral Movement and Recovery Drill

Holding the ball overhead with slightly bent arms, the goalkeeper maintains the basic position for 3 seconds, then moves laterally right or left with three breaststroke kicks. Recover to the basic position without placing the ball in the water. Repeat on both sides.



4



Corner Movement and Hands-Out Position Drill

Starting from the center in the basic position with the hands in the water, the goalkeeper moves laterally to the left corner and assumes the basic position with both hands out of the water. Hold the position for 3 seconds, then return to the center and recover the basic position with the hands in the water. Repeat the same movement to the right corner. Perform 3...



5



Lateral Movement and Save Drill

Two players, A and B, stand 3 meters apart. The goalkeeper receives and returns a light shot from Player A, glides to Player B with three breaststroke kicks, and repeats the action. Players exchange three passes before each shot. Focus on explosive movement, recovery, and return technique.



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Skill 34

Jumping to Side (High or Low / Left or Right)

Objective

Develop explosive lateral jumping ability to reach high and low shots to both sides of the goal while maintaining balance, correct body alignment, and rapid recovery to the basic position.

Description

Starting from the center of the goal, the goalkeeper explodes toward the high or low right and left corners using a powerful eggbeater and lateral push. The eyes remain focused on the reaching hand as if tracking the ball. The blocking hand reaches aggressively toward the ball with a slight inward angle to direct rebounds close to the goalkeeper rather than into the attackers' area. At the end of the jump, the opposite arm performs a strong pulling action to help recover the legs underneath the hips and quickly return the body to a vertical position. After each save, the goalkeeper immediately recovers to the center of the goal in a balanced ready position, prepared for the next action.

Things to Check & Correct

- Explosive take-off with no delay before the jump.
- Eyes follow the reaching hand throughout the movement.
- Blocking hand angled slightly inward to control the rebound.
- Quick recovery to a high, balanced basic position after every jump.



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Skill 34

Jumping to Side (High or Low / Left or Right)

DRILLS

1



High Corner Jump and Recovery Drill

From the center, the goalkeeper jumps explosively to the indicated high corner. The opposite arm assists the recovery of the legs underneath the hips, while the blocking hand is angled slightly inward to control the rebound. After each jump, the goalkeeper immediately returns to the center in the basic position. Repeat on the coach's signal.



2



Low Corner Jump and Recovery Drill

Starting from the center, the goalkeeper jumps to the low corner indicated by the coach (right or left) and immediately recovers to the basic position. Repeat 8–10 times.



3



Alternate High–Low Jump Drill

The goalkeeper jumps to a high corner, recovers to center, then jumps to the low corner on the same side. Repeat on both sides.



4



Corner Jump and Vertical Recovery Drill

From the basic position in the center, the goalkeeper makes an explosive jump to one corner. After the first jump, the legs quickly recover underneath the hips and immediately perform a second vertical jump with both arms out of the water. The goalkeeper then returns to the center in the basic position and repeats the same sequence toward the opposite corner....



5



Arms-Out Corner Jump Drill

Starting with both arms out of the water, the goalkeeper jumps to the indicated high or low corner and recovers without lowering the arms. Alternate sides while maintaining body height and balance.



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Skill 35

Defending the Lob Shot with Opposite Arm

Objective

Defend a lob shot by using the opposite arm technique while maintaining balance, height, and correct timing.

Description

A lob shot is a high-lob shot intended to pass over the goalkeeper and drop under the crossbar. Using the opposite-arm technique, the goalkeeper leans backward from the basic position, supports the body with controlled sculling, and extends the opposite arm toward the descending ball. For example, a lob to the right side is defended with the left arm. The goalkeeper should not jump as the ball leaves the shooter's hand but wait until it begins to descend. Throughout the action, the goalkeeper remains high in the water and performs a final powerful breaststroke kick just before reaching the ball to maximize height and reach.

Things to Check & Correct

- Wait for the ball to begin descending before initiating the save.
- Maintain a high body position with continuous eggbeater support.
- Fully extend the opposite arm toward the ball.
- Use the supporting arm effectively for balance and sculling.
- Perform a final breaststroke kick just before contact with the ball.



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Skill 35

Defending the Lob Shot with Opposite Arm

DRILLS

1 Lob Save Technique Drill



From the basic position, the goalkeeper practices the lob-save movement without a ball. Moving backward to one side, the goalkeeper uses the arm on that side for support while reaching with the opposite arm, fingers directed toward the imaginary ball. Maintain body height with the eggbeater kick and finish with a powerful breaststroke kick, extending upwar...



2 Moving Foam-Tube Reach Drill



The coach stands outside the pool and moves a foam tube steadily right or left. The goalkeeper follows the tip with the opposite arm while maintaining body height and balance. When the coach raises the tube, perform a powerful breaststroke kick to reach it. Perform three reaches on each side.



3 Cross-Corner Lob Save Drill



A player positioned 5–6 meters from the goal near one side shoots a high lob toward the opposite corner. The goalkeeper moves across the goal and uses the opposite arm to intercept or deflect the ball. Repeat from the other side, alternating directions.



4 Central Lob Reaction Drill



A player positioned 5–6 meters directly in front of the goal shoots-controlled lobs unpredictably toward the right or left corner. The goalkeeper reads the trajectory, reacts to the direction of the shot, and uses the appropriate opposite arm to make the save. Repeat on both sides.



5 Shot Save and Opposite-Side Lob Drill



Two players are positioned 5–6 meters from the goal, one on each side. The goalkeeper moves from the center toward the right-side player and saves a controlled shot with both hands. Immediately, the left-side player shoots a high lob toward the opposite corner. The goalkeeper recovers and moves across the goal to make the lob save using the opposite arm. Repeat the...



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HABAWABA SCHOOL

CURRICULUM MAP

1 Basic Water Polo Principles

Kids 7-8-9 – Elementary Level

1. Kicking Freestyle (with/without the Ball)
2. Breaststroke Kick (with/without the Ball)
3. Water Polo Freestyle (Head Up)
4. Swimming with the Ball (Dribbling)
5. Water Polo Freestyle + Breaststroke Kick
6. Water Polo Backstroke + Breaststroke Kick
7. Breaststroke Kick on Back with a Ball in Hand
8. Eggbeater Kick (Horizontal & Vertical)
9. Learning the Basic Vertical Position with the ball
10. Passing the Ball on Water while in Vertical Position..

10 skills

Kids 7-8-9 years old

2 Foundational Water Polo Skills

Kids 7-8-9 – Foundation Level

11. Sculling / Moving with Hands
12. Starting Off without Wall Push
13. Changing Body Position (Vertical - Horizontal)
14. Changing Direction (with/without th...
15. Gliding Forward while Holding the Ball Behind
16. Jumping Out from the Water (Vertically or...
17. Passing with the Wrist while Swimming with...
18. Gliding Forward with Breaststroke Kicks with Ball i...
19. Passing the Ball to a Teammate's Hand (Dry Pass)
20. Shooting the Ball

10 skills

Kids 7-8-9 years old

3 Basic Playing Elements

Kids 10-11-12 – Basic Playing Elements

21. Basic Perimeter Defense Vs opponent witho...
22. Defending a Driving Opponent without ball
23. Backside Perimeter Defense vs Opponent wit...
24. Perimeter Front Defense vs Attacker with Ball
25. Changing Direction and Jump (Two-on-...
26. Lay-Out Move by an attacker with the ball (Start...
27. Driving Ball Side to Receive the Ball
28. Release Move to Receive the Ball
29. Receiving a Cross Pass (from the Left)
30. Basic Position and Movements of Center Forward

10 skills

Kids 10-11-12 years old

4 Goalkeeper Basic Techniques

Kids 10-11-12 – Goalkeeper Basic Techniques

31. Goalkeeper's Basic Position (Arms in Water,...
32. Basic Position with Arms Out of the Water
33. Lateral Movement and Angle Control
34. Jumping to Side (High or Low / Left or Right)
35. Defending the Lob Shot with Opposite Arm

5 skills

Kids 10-11-12 years old

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